POLAND **11-07-2026**

Eugenix® Indigenous Health
Treatment of Hair Discomfort in *Heterotrichosis*

1. Purpose of This Document

This document provides an Indigenous-aligned description of effective, non-chemical methods used to relieve hair-related discomfort, itch, and sensory irritation associated with *heterotrichosis*. It records observed outcomes in an *Arcticus Blancus* individual whose phenotype includes mixed hair type and color (A0–A6 and C4–C6). The purpose is to support Indigenous health interpretation, phenotype protection, and long-term documentation of hair changes.

2. Background: *Heterotrichosis* and Sensory Discomfort

Heterotrichosis is a condition in which multiple hair types, colors, and textures grow simultaneously across the body. In individuals with Indigenous polar-origin phenotypes, darker hair types and colors (A1–A6, B1–B6, C4–C6) may appear in areas where lighter native hair (A0–A1) are biologically expected.

These darker hair groups may cause:

- Persistent itch,
- Surface discomfort,
- Sensory irritation,
- A feeling of “foreign” or non-native hair presence,
- Reduced tolerance to hair movement or friction.

Documenting these reactions is essential for Indigenous phenotype protection and for understanding how hair removal influences regrowth patterns.

3. Treatment Method: Complete Surface Hair Cutting

To relieve discomfort, the affected skin surfaces underwent **complete hair cutting at the skin level**. This method was applied in stages to all areas where itch, irritation, or sensory discomfort occurred and later to the remaining skin surfaces.

3.1 Immediate Effects

Cutting the hair completely at the skin surface resulted in:

- **Full relief of itch and discomfort,**
- **Reduction of sensory irritation,**
- **Improved tolerance of the skin surface,**
- **No adverse reactions or worsening symptoms.**

The relief was consistent across all treated areas. The skin surfaces felt naked and waned to explore the reasons for the hair removal, however with a feeling of relief that stopped all negative hair sensations thru hair removal.

3.2 Regrowth Observations

After several cycles of complete cutting:

- Hair regrew normally, and **did not recreate the same level of discomfort**.
- In multiple areas, **lighter A0–A1 hair (Indigenous polar hair)** began to grow in place of previously darker hair groups (A1–A6 and C4–C6).
- This suggests that removing discomfort-causing hair may allow **unsmothered Indigenous hair** to emerge where it was previously suppressed by darker, non-native hair groups.

This phenomenon is important for Indigenous phenotype restoration and should be documented in long-term health journals such as *Eugenix® Indigenous Health - Hair Changes Journal Book* ISBN 978-83-68580-00-6.

4. Depilation as a Recommended Verification Method

In addition to cutting, **depilation** (non-chemical hair removal that removes the entire hair shaft from the follicle) preferably with the use of *Infrared Laster Hair Removal* is strongly recommended for individuals with *heterotrichosis* who experience discomfort or who want to test whether *laser hair removal* will allow lighter hair to occupy more space and time of the hair cycles especially in the persons with *multi-phenotypical heterotrichosis* resembled by changing phenotype of individual hairs that causes same hair to change color and type - sometimes due to climate, radiation, darkness sometimes due to non-environmental factors.

4.1 Purpose of Depilation

Depilation allows observers to verify:

- Whether removing the entire hair shaft provides **greater relief** than surface cutting,
- Whether depilation enables **lighter A0–A1 Indigenous hair** to grow in areas previously dominated by darker hair groups,
- Whether discomfort-causing hair is replaced by more biologically appropriate hair types after removal.

4.2 Expected Outcomes

Based on observed results:

- Depilation may produce **longer-lasting relief** than cutting,
- Regrowth may favor **lighter Indigenous hair**, reducing discomfort,
- Areas with mixed or darker hair groups may gradually shift toward **native phenotype expression.**

These outcomes should be documented in the *Eugenix® Indigenous Health Hair Changes Journal Book* for long-term indigenous phenotype tracking.

5. Cultural and Health Significance

For Indigenous polar-origin individuals, hair discomfort is not only a physical issue but also a matter of phenotype identity and biological heritage. The emergence of lighter A0–A1 hair after removal of discomfort-causing darker hair supports:

- Restoration of Indigenous biological patterns,
- Protection of *Arcticus Blancus* phenotype expression,
- Improved comfort and sensory harmony,
- Better understanding of *heterotrichosis* in multi-indigenous individuals.

Treatment of non-indigenous hair by cutting and removal aligns with *Arcticus Blancus* Indigenous health practices that promotes own indigenous hair-skin health especially for persons with *heterotrichosis* focused on indigenous phenotype restoration in absence of pharmaceutical solutions to lower non-indigenous hair-skin pigmentation.

6. Documentation Requirements

All hair removal procedures and regrowth observations should be recorded in:

- ***Eugenix® Indigenous Health – Hair Changes Journal Book,***
- **Ethnic Health Care Institutions records.**

Entries should include:

- Location of discomfort,
- Date of hair removal,
- Type of removal (cutting or depilation),
- Body areas that were treaded by hair cutting or removal,
- Changes in discomfort levels,
- Regrowth hair types (A–C) and colors (0–6),
- Any emergence of lighter Indigenous hair on skin surfaces previously not covered by hair.

Consistent documentation strengthens Indigenous health interpretation and supports future indigenous clinical and cultural research.

7. Recommended Readings

1. *Eugenix® Indigenous Health - Hair Changes Journal Book.*
2. *Eugenix® Indigenous Health - Hair Changes Journal Book Instructions.*
3. *Eugenix® Indigenous Health - Terminology of Unclassified Hair Disorders.*
4. *Eugenix® Indigenous Health - Request to ICD to Classify Heterotriachium.*
5. *Eugenix® Indigenous Health - Indigenous Heritage Procreation.*
6. *Eugenix® Indigenous Health - Climatic Hair Ethnic Care Center.*
7. *Eugenix® Indigenous Health - Ethnicities and Outdigenous Conditions.*
8. *Eugenix® Indigenous Health - Neuro-Chemical and Neuro-Psychological Sexual Communication.*

8. Summary

Complete cutting of discomfort-causing hair provides immediate relief in *heterotrichosis*. Repeated cutting reduces discomfort over time and may allow lighter A0–A1, Indigenous hair to grow where darker hair groups previously dominated. Depilation is strongly recommended as an additional method to verify whether full hair removal enhances relief and supports Indigenous phenotype restoration. This document contributes to the broader framework of *Eugenix® Indigenous Health* by preserving biological identity, improving comfort, and supporting long-term Indigenous phenotype protection. Questions, recommendations and pictures of hair and hair conditions can be directed to Eugenix P.S.A. email and physical address that can be found on the top of each page.

Have a healthy hair

K Pawlak

Godeo Optimo Maximo – Amen.
Anthropology, Morphology, Etymology, Naturology.

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